



Meadowlark Hills Messenger

Meadowlark Hills Retirement Community

Dec. 17, 2015

Chaplain's Book Discussion

Submitted by Patty Brown-Barnett

On Tuesday, Jan. 12, at 10 a.m. Chaplain Patty Brown-Barnett will begin leading a six-week book discussion on *Friedman's Fables* by Edwin H. Friedman. In this collection of fables, and in his other works, the author has left a lasting legacy of wisdom as a family therapist, an ordained rabbi, and a leader in Murray Bowen's family systems approach to understanding human behavior. Using the ancient art form of fables, Friedman offers a fresh way to understand "human foibles" with "outrageous tales" that help readers catch glimpses of their own relationships and lives. In one story, participants will see how people may be "controlled, and even tyrannized, by the sensitivities of others". In another, one domino that manages not to be dominoed saves the day for all the others. We will also read and discuss the story that features Murray Bowen's famous line, "If all else fails, don't just do something, stand there!" You are invited to join these discussions in the Living Room near the main desk at Meadowlark Hills. Please sign up in one of the Blue Book at the Hospitality Desk, where you may also purchase books for \$17.

The fables we will read and discuss are (in order):

- "The Bridge"
- "A Nervous Condition"
- "The Power of Belief"
- "An American Holly"
- "Panic" and
- "Net Results"

Boxed Dinners on Christmas

Prairie Star Restaurant will be closed in the evening on Christmas, but boxed dinners will be available. The boxed dinners will include:

- Choice of a turkey or ham sandwich
- Choice of white or wheat bread
- Choice of cheese or no cheese on the sandwich
- Chips
- Banana
- Choice of cherry, apple pie, No Sugar Added cherry pie or No Sugar Added apple pie

The cost for the boxed dinner is \$7, and they can be picked up starting at 4 p.m. in Prairie Star Host Station Friday, Dec. 25. Sign up in the Blue Book no later than 5 p.m. Wednesday, Dec. 23, if you would like a boxed dinner.

PRAIRIE STAR RESTAURANT



Christmas Day Lunch Special

Friday, Dec. 25

Make your reservations by signing up in the Blue Book located at the Hospitality Desk. Two available seating times: 11 a.m. & 1 p.m.

Cost \$16 adults, \$8 children

Menu:

Choice of Starter:

Tossed Salad
Fresh Mozzarella Roma Tomato Salad
with Fresh Basil
Shrimp Bisque

Choice of Entrée:

Fresh Fish
Prime Rib Au Jus

Sides:

Scalloped Potatoes
Vegetable Medley

Choice of Dessert:

Chocolate Peppermint Roll
Raspberry Walnut Torte
French Silk Pie

ANNOUNCEMENTS

Christmas & New Years Closings

The following are service areas and their holiday schedules for Christmas and New Years.

- **Environmental Services:**
 - On-call for emergencies on Friday, Dec. 25
 - On-call for emergencies on Friday, Jan. 1
- **Finance Services:**
 - Closing at noon on Thursday, Dec. 24, and closed on Friday, Dec. 25
 - Closing at noon on Thursday, Dec. 31, and closed on Friday, Jan. 1
- **Exercise Classes:**
 - All exercise classes canceled on Thursday, Dec. 24, through Friday, Dec. 25
 - All exercise classes canceled on Thursday, Dec. 31, and Friday, Jan. 1
 - Caul Fitness Center remains open
- **Pizazz Salon:**
 - Closing at noon on Thursday, Dec. 24, and closed on Friday, Dec. 25
 - Closing at noon on Thursday, Dec. 31, and closed on Friday, Jan. 1
- **Physician Office:**
 - Closing at noon on Thursday, Dec. 24, and closed on Friday, Dec. 25
 - Closing at noon on Thursday, Dec. 31, and closed on Friday, Jan. 1
- **Hospitality Desk/Resident Services:**
 - Closing at 5 p.m. on Thursday, Dec. 24, and closed on Friday, Dec. 25
 - Closing at 5 p.m. on Thursday, Dec. 31, and closed on Friday, Jan. 1

Food and Beverage

- **Verna Belle's Café:**
 - Closed on Friday, Dec. 25
 - Open 8 to 5 p.m. for on Thursday, Dec. 31 and Friday, Jan 1
- **Prairie Star Restaurant:** Closing at 2 p.m. on Friday, Dec. 25, and boxed dinners available (advance sign up in the Blue Book required)
- **Kansas Room Pub & Lounge:** Closed on Friday, Dec. 25



Clinics and events

- **Blood Pressure Clinic:** Canceled Thursday, Dec. 24
- **Dr. Tran Foot Clinic:** Canceled Wednesday, Dec. 23
- **IL Bingo:** Canceled Thursday, Dec. 24
- **Meadowlark Bible Study:** Canceled Thursday, Dec. 24
- **Dementia Caregiver Support Group:** Canceled Thursday, Dec. 24
- **St. Paul's Episcopal Church Service:** Canceled Thursday, Dec. 24
- **Brain Booster:** Canceled Friday, Dec. 25
- **Parkinson's Caregiver Support Group:** Canceled Friday, Dec. 25
- **Resident Program:** No resident program scheduled Friday, Dec. 25



Lunch Specials Dec. 20 – Dec. 26

Hours: Monday–Friday, 8 a.m. to 5 p.m.
Saturday–Sunday, 9 a.m. to 3 pm.

Sunday, Dec. 20–	Chicken Bacon Ranch Pasta with Soup or Chips	\$5.50
Monday, Dec. 21–	Meatball Sub with Soup or Chips	\$3.75/5.50
Tuesday, Dec. 22–	Ham and Swiss Slider with Soup or Chips	\$3.75/\$5.50
Wednesday, Dec. 23–	White Chicken Chili with Cornbread Muffin	\$3.75/\$5.50
Thursday, Dec. 24–	Tomato Bacon Grilled Cheese with Tomato Soup	\$3.75/\$5.50
Friday, Dec. 25–	Closed for Christmas	
Saturday, Dec. 26–	Tuna Salad Sandwich with Soup or Chips	\$3.75/\$5.50

UPCOMING EVENTS & ANNOUNCEMENTS

Veterans Group

Reminder! The veterans group meeting scheduled for Friday, Dec. 18, at 10 a.m. will take place in the KSU Classroom instead of the Grosh Cinema.

All-Campus Holiday Party

You are invited to the All-Campus Holiday Party hosted by Sloan House for Christmas celebration at 2 p.m. Friday, Dec. 18, in the Community Room, Lobby and Living Room. There will be caroling and gingerbread house contest. You're invited to join in the fun!

Tommy Lee Performance

Saxophonist Tommy Lee, will be entertaining Meadowlark Hills with the classic tunes at 7 p.m. Friday, Dec. 18, in the Community Room. Tommy has been playing in the Manhattan area since 1949 and is familiar face to many! Don't miss out on this one-man-band!

Outdoor Encounters

Submitted by Nathan Bolls

The cold stillness and silvered moonlight created a magic moment during this starry fog-breath night.

Light played across the smooth surface of Bayer Pond. The trees shimmered their frosty haloes. Or were the limbs giving each other good tidings?

Coyotes were singing. Or were angels hovering with their message of hope?

The grass crunched as I walked. Or was the Earth simply yielding a bit in deference to someone wanting to share enchantment?

Through my boots I felt the ground buoyed up by all of the living animals, plant "hearts" and seeds that lay quietly beneath while waiting for spring.

Perhaps each of many organisms dead from cold, predator or the rare natural death has added its essence to the powerful presence of this place.

As with nearly all areas of the Earth's surface, our Natural Area is a place of giving: countless lives have been sacrificed so that others may live life more abundantly.

All such places are sacred. All deserve to be cherished. All deserve their own version of the Gettysburg Address.

Christmas Music Recital

You are invited to attend the Music Recital given by piano students of Thea. It will take place at 2 p.m. Monday, Dec. 21, in the Living Room.

Transportation to Festival of Lights

A bus ride down to the Festival of Lights is scheduled for Monday, Dec. 21. The bus will depart at 5:50 p.m. from the Village Entrance. You will be able to see thousands of lights sparkling with color on a tree towering 60 feet above the Blue Earth Plaza next to the Flint Hills Discovery Center. After visiting the Blue Earth Plaza, the bus will travel down Poyntz Ave. to 14th street to take in more lights and then back to Meadowlark Hills. You will have the option to get off the bus or stay on at Blue Earth Plaza depending on the weather. A sign-up sheet can be found in the Blue Book at the Hospitality Desk. Cost for transportation is \$3.

ASK SARAH

Who you gonna call?

Submitted by Sarah Duggan

At Town Meeting this month, Lonnie shared with the group that he and Dr. Matt Floersch attended a conference in Boston, Mass. in November to present on the subject of having a physician's practice located on the campus of a continuing care retirement community. This awesome feature that residents, family members and employees have become accustomed to is actually not that common across the nation. Additionally, Dr. Matt is not only one of three providers at our clinic (the other two are Jennifer Ellifritt and Allison Gonzalez, nurse practitioners), but he is also the Medical Director for Meadowlark Hills.

Dr. Matt's clinic at Meadowlark Hills is very convenient for his patients that live and work on our campus. Typically, a patient can be seen same day or next day for acute needs. And the commute to the doctor's office is rather quick since you don't have to leave the property! One misconception about having a doctor's office on campus is that anyone who lives here can get in to see the providers for an urgent need. If you have an acute need and want an appointment with a provider at the Meadowlark Hills clinic; you must be a current established primary care patient. Of course, if you are experiencing a medical emergency in your home or in a common community space at Meadowlark Hills, pull the nearest pull cord and a Meadowlark Hills nurse will assist you.

If you are not a patient of Dr. Matt's, but would like to be, please contact Mary Jo Eichman, Physician's Practice Leader at 537-1900. Thanks for stopping by – see you next week!



UPCOMING EVENTS & ANNOUNCEMENTS

Walmart/Dillon's Shopping Trip



Take advantage of the complimentary transportation to local shopping centers.

Transportation goes to the following locations:
Walmart and Dillons.

The next trip departs at 10 a.m. Wednesday, Dec. 23, from the Village Entrance. Please sign up in the Blue Book to register for transportation.

Vespers Services

The Vespers service, led by Rev. Paul Allen from Frist Christian Church, will begin at 7 p.m. Sunday, Dec. 20, in the Community Room. All are welcome.

Eyeglass Adjustment

Alex's Affordable eyewear will be here at 3 p.m. Saturday, Dec. 26, in the Community Room. They will adjust eyeglasses for residents at no charge.



Grosh Cinema Movies

Sunday, December 20 - Saturday, December 26

Show Times: 1, 4 and 7 p.m., Monday – Saturday

2 p.m. and 6 p.m., Sunday

Sunday, December 20 – Home (2015)

The creatures invading Earth aren't too popular with humans. But an alien boy and an Earth girl find friendship anyhow.

Co-Starring: Jim Parsons, Rihanna & Steve Martin

Rated G; 1 hr. 34 min.

Monday, December 21 – I'll Be Home for Christmas (1998)

Stuck in the desert in nothing but a Santa suit? This kid's got a holiday lesson to learn—the hard way.

Co-Starring: Jonathan Taylor Thomas, Jessica Biel & Adam LaVorgna

Rated PG; 1 hr. 26 min.

Tuesday, December 22 – Dark Victory (1939)

A fast-living socialite is forced to come to terms with her lifestyle—and mortality—when she discovers she has a potentially fatal brain tumor.

Co-Starring: Bette Davis, George Brent & Humphrey Bogart

Not Rated; 1 hr. 44 min.

Wednesday, December 23 – Love and Honor (2013)

Dalton, serving in Vietnam, gets a "Dear John" letter and turns a week's furlough into a desperate (and illegal) trip home to win back his girl.

Co-Starring: Liam Hemsworth, Teresa Palmer & Aimee Teegarden

Rated PG-13; 1 hr. 36 min.

Thursday, December 24 – How the Grinch Stole Christmas (2000)

The Grinch decides to rob Whoville of Christmas—but a dash of kindness from little Cindy Lou Who and her family may be enough to melt his heart.

Co-Starring: Jim Carrey, Taylor Momsen & Jeffery Tambor

Rated PG; 1 hr. 45 min.

Friday, December 25 – A Charlie Brown Christmas (1965) *No 4 or 7 p.m. showings

Charlie Brown directs a Christmas pageant, buys a stunted tree and learns that the yuletide means more than just presents and tinsel.

Co-Starring: Ann Altieri, Chris Doran & Sally Dryer

Not Rated; 25 min.

Saturday, December 26 – Anna and the King (1999)

She traveled across the globe to educate a king's children. But she wound up getting quite an education herself.

Co-Starring: Jodie Foster, Yun-Fat Chow & Bai Ling

PRAIRIE★STAR RESTAURANT

Monday to Saturday, 10:30 to 8 p.m.
Sunday, 10:30 a.m. to 7 p.m.

Dec. 20 - Dec. 26

Includes beverage, starter and dessert.

A minimum of one hour notice is required for reservations. The restaurant can accept up to four reservations per time, depending on party size. Reservations can be made in person or by calling 323-3820.

SUNDAY	Dec. 20~ Lunch \$10	Dinner \$11
	Roasted Honey Lime Chicken Scalloped Potatoes Choice of Vegetable	Beef Stroganoff over Noodles Vegetable of the Day
MONDAY	Dec. 21 ~ Lunch \$11	Dinner \$12
	Steak Quesadilla Black Beans Spanish Rice	Pecan Chicken with Dijon Mustard Sauce Wild Rice Vegetable of the Day
TUESDAY	Dec. 22 ~ Lunch \$7 *	Dinner \$12
	Fajita Bar (does not include drink, starter or dessert)	Pork Tenderloin Piccata Roasted Red Potatoes Vegetable of the Day
WED.	Dec. 23 ~ Lunch \$10	Dinner \$14
	Bacon & Spinach Quiche Choice of Vegetable	Coconut Shrimp Baked Potato Vegetable of the Day
THURS.	Dec. 24 ~ Lunch \$7 *	Dinner \$12
	Sweet Potato & Potato Bar (does not include drink, starter or dessert)	Meatloaf Mashed Potatoes & Gravy Vegetable of the Day
FRIDAY	Dec. 25 ~ Lunch \$16	Dinner
	Christmas Lunch Special (Please see front page for the menu)	Closed for Christmas
SAT.	Dec. 26 ~ Lunch \$9	Dinner \$15
	Beef Stew Choice of Vegetable	Steak Night Baked Potato Vegetable of the Day

*You may substitute an extra vegetable for the starch on any special for no additional charge.

This Week's Opportunities December 20 - December 26

SUNDAY • DECEMBER 20

Breakfast at Verna Belle's—Omelets with Fruit

10:00 a.m. ~ Church Service, CR

7:00 p.m. ~ Vespers, Rev. Paul Allen, CR

MONDAY • DECEMBER 21

Trash pick-up day

Breakfast at Verna Belle's—Biscuits & Sausage Gravy

Dental Hygiene Clinic (By Appointment Only), Miller Spa

8:30 a.m. ~ Dental Hygiene Clinic, MS

9:30 a.m. ~ Seated Strength, CR

10:00 a.m. ~ Meadowlark Hills Mentors, GC

10:20 a.m. ~ Weights 101, CR

11:00 a.m. ~ Sit & Be Fit, CR

12:00 p.m. ~ Beginner Tai Chi, CR

1:00 p.m. ~ Blood Pressure Clinic, GR

1:15 p.m. ~ Parkinson's Exercise Class, CR

1:30 p.m. ~ Ladies Pool Table Time, BP

2:00 p.m. ~ Christmas Music Recital, LR

3:00 p.m. ~ MLH Singers Practice, CR

7:00 p.m. ~ Community Bingo, CR

TUESDAY • DECEMBER 22

Breakfast at Verna Belle's—Breakfast Sandwich with Fruit

10:30 a.m. ~ Steady Yourself, CR

11:15 a.m. ~ Chair Yoga, CR

12:00 p.m. ~ Seven Dolors Book Discussion, LR

1:00 p.m. ~ Tai Chi, CR

3:00 p.m. ~ Coffee Corner, CR

3:30 p.m. ~ Ambassadors Committee Meeting, CON

4:00 p.m. ~ Newspaper & Bible, LR

5:30 p.m. ~ 3rd Floor Supper, CR

WEDNESDAY • DECEMBER 23

Breakfast at Verna Belle's—Breakfast Burrito with Fruit

9:00 a.m. ~ New Perspectives, MR

9:30 a.m. ~ Seated Strength, CR

10:00 a.m. ~ Worship Service, KSU CL

10:00 a.m. ~ Walmart/Dillons Shopping Trip, VE

10:00 a.m. ~ Memory Support Group, CON

Jokes of the Week

How did Scrooge win the football game?
The ghost of Christmas Passed.

What did the salt say to the pepper?
Season's greetings.

What language does Santa Claus speak?
North Polish.

If Santa rides in a sleigh, what do elves ride in?
Mini vans.

10:20 a.m. ~ Weights 101, CR

11:00 a.m. ~ Sit & Be Fit, CR

12:00 p.m. ~ Beginner Tai Chi, CR

1 to 2 p.m. ~ Fitness Center Office Hour, FC

1:15 p.m. ~ Dr. Tran's Foot Clinic, CR

1:30 p.m. ~ Pitch, GR

3:00 p.m. ~ Call Hall Ice Cream, KR

3:00 p.m. ~ Fit 2 Fight PD, KSU CL

4:00 p.m. ~ Video Worship Service, LR

5:30 p.m. ~ 1st Floor Supper, MR

THURSDAY • DECEMBER 24

Breakfast at Verna Belle's—Biscuits & Sausage Gravy

9:00 a.m. ~ Messenger Ladies, CON

FRIDAY • DECEMBER 25

Breakfast at Verna Belle's—Waffle or Pancake

11:00 & 1:00 p.m. ~ Christmas Meal, PS *(Please sign up in the Blue Book)*

4:00 p.m. ~ Christmas Evening Box Dinner Pick-up, PS
(Please sign up in the Blue Book & make your selections)

SATURDAY • DECEMBER 26

Breakfast at Verna Belle's—Omelets with Fruit

3:15 p.m. ~ Alex's Affordable Eyewear, CR

ROOM ABBREVIATIONS

BP, Billiards Parlor

CR, Community Room

CON, Conference Room

FC, Fitness Center

GR, Game Room

GC, Grosh Cinema

KR, Kansas Room (Pub)

KSU CL, KSU Classroom

LB, Library

LR, Living Room

MR, Manhattan Room

MS, Miller Spa

PS, Prairie Star Restaurant

TR, Tranquility Room

VE, Village Entrance

WS, Woodshop

DRINK SPECIAL



Dec. 21 to 26

Holiday Eggnog Cocktail

2 oz Bourbon
1 oz Spiced Rum
4 oz Eggnog

\$3.75